

Clean Version

**ABSTRACT OF THE DISCLOSURE:**

A mechanical apparatus having a rigid frame covered with a motionless cushion and which allows a user to make different exercises on the ground by engaging to a wrist or ankle from the user a belt joined to a steel wire passing without friction inside a vertical bar that is engaged on each side of a pulley and blocked at a desired position by a metal pin, and around a pulley being engaged inside a rotary part to allow the steel wire to be pulled down in the desired direction.